Rapid Fat Loss

Training Style: Perform aerobic exercise for 20seconds, take 10seconds rest, and repeat for alotted amount of rounds.													
			Date	/	/	/	/	/	/	/	/	/	/
			Rounds										
Aerobic Training Exercises Rounds Lbs			0 V T	Rest 60 seconds after every exercise completed								-	
Aerobic Training Exercises	Rounds	LDS	Coaching Tip	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
1 KB SWING/1 KB THRUSTER	8												
2 SPLIT SQUAT JUMPS/1 PLYO JUMP	8												
MB SQUAT PRESS/SLAM	8												
5 ROPE SLAMS/ 1 SQUAT THRUST	8												
EXPLOSIVE OR PLYO PUSHUPS	8												
WALKING PAUSE LUNGES WITH BI CURL	8												
GOBLET JACK	8												
LATERAL BOARDS	8												
COMMANDO BURPEES	8												
1 BROAD JUMP, HOPS BACK, 2 ICE SKATERS	8												